



**From the Kitchen
of
Executive Chef
Jessica VanRoo**

Chicken or Tofu Stir Fry

Serves 3-4

Ingredients

12 oz boneless skinless chicken breast or thigh, or firm tofu
4 cloves garlic, minced
1 onion, diced
1 carrot, diced
½ cup cauliflower florets, cut into bite size
½ cup broccoli florets, cut into bite size
1 bell pepper, sliced
1 stalk celery, sliced
1 cup chopped Napa cabbage

For Quinoa

1 cup quinoa, rinsed for at least 30 seconds
2 cups water or broth

Sauce

1/3 cup chicken stock, broth or water
1 tablespoon low-sodium soy sauce
1 tablespoon rice wine vinegar
1 teaspoon sesame oil
1 teaspoon honey or maple syrup
½ teaspoon hot sauce
Salt and pepper as needed
1 ½ teaspoon cornstarch or arrowroot (thickener, optional)



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Optional Garnish

1/3 cup chopped green onion or cilantro

1 teaspoon sesame oil, garnish

Chopped nuts like cashews, almonds or walnuts

1. To make quinoa, combine rinsed quinoa with broth or water in a pot with a fitted lid. Bring the mixture to a boil, reduce the heat to a simmer, place lid on the pot and simmer for 20 minutes. Turn off the heat, do not remove the lid, and allow to sit for 10 minutes. Remove lid and fluff.
2. Cut your vegetables into bite-size pieces.
3. Cut your aromatics into thin slices or mince finely, and set aside. For your protein, cut them into bite-size pieces, and if desired, you can marinate in equal parts of soy sauce, sesame oil, rice wine and cornstarch for at least 20 minutes.
4. Mix your stir fry sauce and set aside. If you want a thick sauce, mix cornstarch and water in another bowl and set aside.
5. Heat your pan over medium-high or high heat.
6. Add two teaspoons of grapeseed oil into the pan or coat your pan with oil using a paper towel. Cook the protein in the pan until just golden brown. It does not need to be fully cooked through; the meat will be cooked thoroughly in the sauce. Remove the protein from the pan, and set it aside.
7. Coat the pan with more oil and add your aromatics. Constantly stir to prevent burning.
8. Once you begin smelling your aromatics cooking, add the harder vegetables into the pan like carrots and peppers. You can also add ½ a teaspoon of water to help speed up the cooking process. Cook for 2 minutes, add the remaining softer vegetables and cook for another 2-4 minutes or until desired texture.
9. Add the protein back into the pan along with the sauce of your choice, but not the thickener if you are using it. Toss the sauce with the vegetables and protein, add the thickener at this time, stir well, allow to boil, and then turn off the heat.
10. Serve with quinoa or other grains, and garnish your dish with options like chopped nuts, scallions, sesame oil, cilantro or sesame seeds.